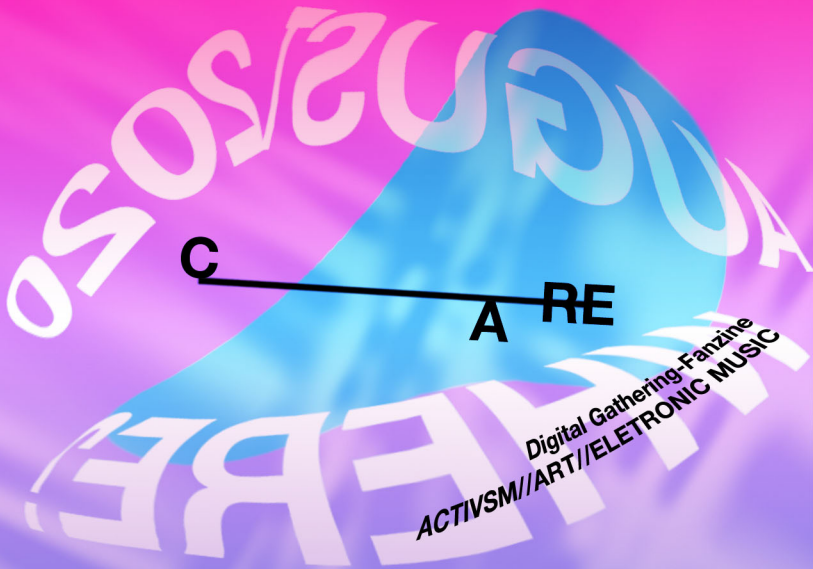


MUCH TASTE
MUCH WASTE

? _____ ? ??

From source to mouth.

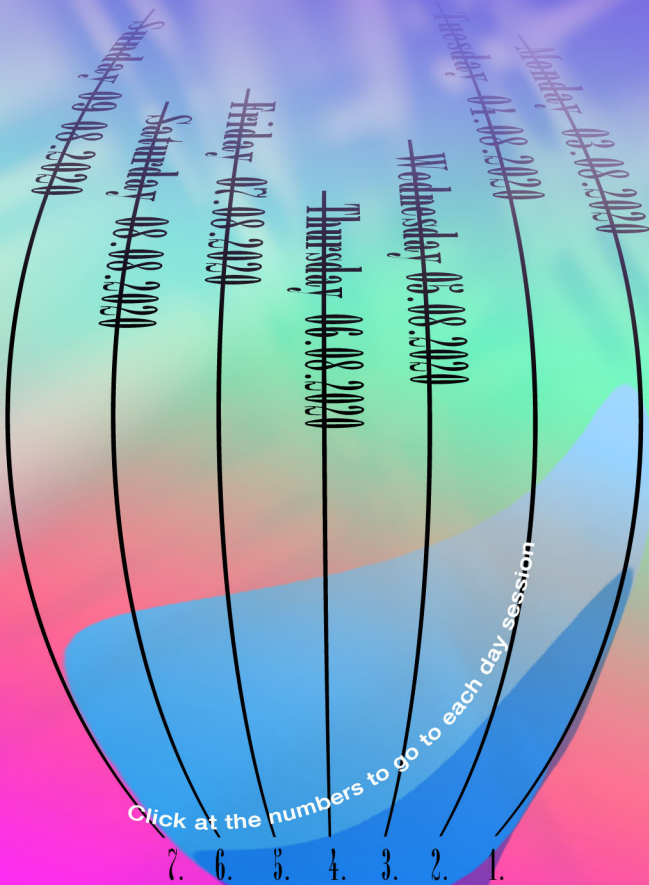
To eat is to incorporate landscapes, while eating we assimilate nutrients and water from a specific geographic location where our food had grown. Like this, the food chain is also a chain of micronutrients displacement, from the locality where they come, to the locality where they are consumed. It is also a chain of many hands, from planting, to harvesting, to transporting, to preparing, to discarding.



Our food, reflects the quality of our immediate environment, not just by the social aspect food carries or the comfort a warm meal can offer, specially when shared with friends, but also by the means in which it is cultivated, distributed and wasted. We truly connect with this Earth through our digestive system, the undeniably reality of our bodies eats, assimilates and incorporates this very world.

CARE WHERE? MUCH TASTE, MUCH WASTE, is our saliva dripping into the August issue of the fanzine.

We hope you enjoy it.





**MONDAY, AUGUST THIRD
TWO THOUSAND TWENTY**

IF

you
know

Read...

If you can read...

Who Really Feeds the World? - The failures of Agribusiness and the promise of Agroecology by Dr. Vandana Shiva.

In this pages we tried to bring on 13 paragraphs from "Who Really Feeds the World?" introduction text, where the reflexion of food goes beyond just feeding people, and reaches to all connexions, morals, and socio-ecological issues from the food production process perspective. The book question whether we choose to work with nature, in the case of Agriecology or against her, in the current model of Agribusiness.

"Organic", regarding the book, is more than just a label for food, but a philosophy that thinks the interconnectedness of the systems and species that build this planet. Food then, isn't a commodity, but something every being alive engages with. We all eat, and regarding the author 70% of this worlds food is actually

produced, by small-scale farmers, and family farming, while using just 30 % of the worlds resources.

In this way, inherently to our plates are soil, its degradation, or its conservation; water, its waste, or its well implementation; nutrition, that depends on how alive the soil is, and how diverse is the local biome; the pollinators, that fertilise our food; the farmers and their locality, who cultivate or the corporations who exploit and poison this very complex system.

The way we eat, reflects how we engage with the world. Affordable, nutritious food is a living right. Regarding UN reports roughly 30% of food produced worldwide is lost or wasted every year, While 12.9% of the populations in developing regions suffer from hunger; and globally over 30% of adults are estimated to be overweight or obese.

BUT...

Even though we came across very helpful people, as the author itself and the North American publisher, we had bumped into a third party, who owns the rights for the text. The Italian publisher refrain to answer any message sent to them through the past month. The absence of answer; granted us with a taste of invisibility, and blocked the process of bringing the wonderful work of Dr. Vandana Shiva to the fanzine.

For small-scale farmers, Intellectual Property Rights, can forbid seeds to be exchanged by farmers, what is a very ancient and common practice in cultivating, breeding crops, building local knowledge and seed resilience. For small initiatives as this fanzine it can restring information to circulate.

Regardless, if at some point in time we get an answer from the Italian part; we very excitedly will publish this really important, eye opening and inspirational fragment of Dr. Vanda Shiva's text.

For now, here is just our profound admiration for her work, and a strong recommendation to all readers to get in touch with her cause, and her books.



*TUESDAY, AUGUST FOURTH
TWO THOUSAND TWENTY*

20:00

RESCUE SUPPER

Text by Lúcio Canabarro
Photographs by Camila Hein

New Year's Eve is a moment rich in celebrations, rituals and symbolic gestures. A moment when the perception of the passage of time seems to be more noticeable, when it is established that something has passed and a new period is about to begin. At this celebration on the beginning of 2019, by the coast of Lagoa dos Patos, in a city in south Brazil, Pelotas, Camila Hein and Lúcio Canabarro carried out an urban artistic intervention called "Ceia do Resgate". An aesthetic and political action that sought to raise awareness on issues such as food waste, disconnection, locality knowledge and the urgency of a new set of behaviours.

The proposal started one week before New Year's Eve, between December 25th and 31st. On organic garbage containers, in a middle class neighbourhood, downtown, food was collected in good conditions for consumption. Foraging was performed daily at the end of the day, always by foot. The aim of the action was to rescue food and prepare the New Year's supper with what they found. Three basic components of the Brazilian diet, rice, beans and manioc flour were also added to the ingredients, which was bought with money from the sale of 4,8 Kg

of aluminium cans and 5,6 Kg of PET plastic bottles, also collected in the city garbage. The choice of these 3 items, has to do with the fact that, both beans and manioc, at Brazilians' table, come largely from family farming. The items were purchased at CAPA, a cooperative that supports such small farmers.

The amount of food found surprised both, Camila and Lúcio. Large amounts of vegetables (carrots, cucumbers, potatoes, lettuce), fruits (grape, orange, peach, apple) that could be consumed, as well as bread and flour, were at garbage bins, whether by lack of basic knowledge of food preparation or by the misconception of when food is really spoiled.

That is to say, due to sheer negligence, this neglect was absolutely striking. In addition to the issue of food waste, which in itself a serious matter; according to the UN, about 1/3 of the food produced in the world is wasted, which is enough to eradicate hunger on Earth, there is also the environmental problem food encompass.

Today, food production is considered one of the major emitters of CO₂, a main gas responsible

for climate change. We are, as a community, consuming large amounts of resources with our food, by the use of soil, water, oil, transport, etc. And we are discarding all of this without a doubt, by just wasting food.

The problem becomes even more acute when reflecting on the destination of these garbage containers in Pelotas (BR), a landfill located more than 100 km away from the city. Every day dozens of trucks have to travel all this distance so that organic material that could be used as food, is instead buried, thus an immense amount of nutrients that could be used for human food is lost and when ineligible for consumption, at last to be composted and integrated into the lives of soils. To observe this chain of events from this point of view is to perceive the redundancy of our waste in a historical time that we should be looking to reduce emissions and resources.



How can we talk seriously about rescuing the climate and betting on technological hopes when we waste food?

The place chosen for the supper was the terrace of a building built in 1979. A collective area where residents only use to hang their washed clothes. It was probably the first time that dinner was held in that space.

To rethink uses of urban space and drawing attention to the extinction of living areas in common use in contemporary urban housing constructions defined the location. On the December heat of the southern world, under stars, it was possible to hear the New Year's celebrations.

On the table a meal with rescued ingredients, with the genuine desire for an urgent change in collective perception.



Food rescued, in front of respective organic containers. During foraging, Lúcio and Camila found, also, still sealed products, and entire boxes of bakery products.



During the one week foraging, the amount of food proper for consumption found was so big, that Lucio and Camila were able to dehydrate vegetables and fruits. The jars also became gifts for friends and family.



Camila and Lúcio at their New Year's Eve supper table.



CLICK HERE
to visit Camila and Lúcio website



*WEDNESDAY, AUGUST FIFTH
TWO THOUSAND TWENTY*

13:30

STRATA

by Laura Van Severen

When we talk about waste, we are used to the story skipping from A to Z, from PET bottle to fleece sweater or from mixed waste to a blind spot. However, in the process of fast progress we now have an array of materials at hand which the earth cannot take back or which chemistry cannot efficiently transform. Landfill has become the hiding place of the waste we cannot systematically digest.

For many decades (and in some countries up until now), landfill has been the most common and cheap method to get rid of waste. When a landfill site reaches its maximum capacity, it's covered with protective layers, soil and plants to integrate this newly constructed landscape in the surrounding area. The artificial and the natural collide in vertically stacked layers.

In this deliberate act of concealing, the confrontation with the true accumulation of waste has been lost. There is no visible connection between our consumerist habits and its impact on the landscape. No reminder, no image lingering in the back of our heads that withholds us from the next short-lived purchase.

Following the Council Directive 1999/31/EC implemented in 1999, the EU has established that the landfilling of municipal waste has to be gradually limited to 10% by 2035. This practice should become a marginal phenomenon giving priority to new waste hierarchy otherwise referred to as the 3 R's: reducing, reusing and recycling. However, the hills and holes resulting from years of landfill will, identifiable or not, shape the landscape for good.

"Strata" is the result of an encounter with the open wound of an inefficient system. Before the waste is concealed and sealed into an eternal time bubble, the photographs give a glimpse of landfill's inside structure, portrayed against the backdrop of several EU countries who face highly divergent challenges in minimising this practice due to their different geographical, demographical and political contexts.

CLICK HERE
to visit Laura's website



photo © Laura Van Severen





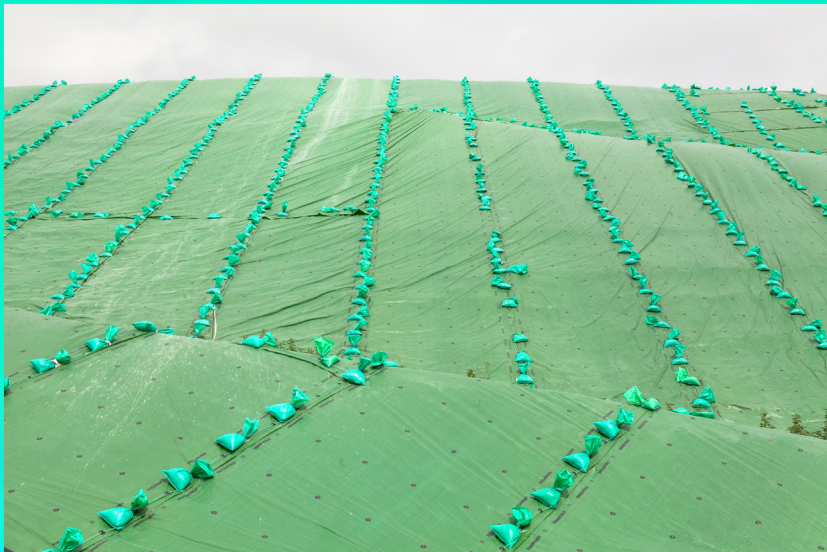






photo @ **Laura Van Severen**

Bigorne, Viseu // PORTUGAL
The landfill in the background has been partially sealed. In the foreground a bassin collects the landfill's leachate.







**THURSDAY, AUGUST SIXTH
TWO THOUSAND TWENTY**

19:30..

GYÖNGYVÉR & MARIA SANCHEZ RAMIREZ

A Photographic Series by Attila Mészáros,
Attila's Mother Gyöngyvér,
the Cat Maria Sanchez Ramirez and,
Federico Protto.





In this images
She is a SORCERER
the PERFORMATIVITY
So natural
MARVELLOUS
in the suburbs
a Shaman of a
MODERN time
a teacher of a
MODERN time
LOVE for
CERTAIN special
Objects



It was a
beautiful December
afternoon
magical people,
warm orange light







light is painting
the scenography,
the particular
memory.
the sun, the stars,
the flames, the
fire, the stove,
the electricity
the lightbulbs,
the moths at
~~night~~ night
swirling excitedly
around the lantern.
We decided for a
moment to unite
somewhere or
wherever these
images, the magic
happens. The
way we do it is
ritualistic.
There is something
about ancestry
which gives more
organic.



~~interconnectedness~~
interconnectedness
to be cherished,
planted carefully,
treated and cared for,
harvested, distributed
and processed with
Love.

How do we let things
flow? How can we
let things grow?

it feels beautiful
to have waited
at most two
years to
understand,
and like this
it can freely
start traveling
through the
world, sailing
on a beautiful
and strong
ship

"Sister of
Pearl"

between December
2003 and August
2005





DETACHED SIGNATURE

BY DEMISING FAITH

music for endangered species

That's the theme of Demising Faith, a music project blending downtempo, trip-hop, ambient and electronica by Luís Rodrigues Alves, musician and producer.

Developed at the [domestic.studio] based in Lisbon, Portugal.

Detached Signature

"Detached Signature" is the project's first EP, inspired by the cryptography concept of the same name: a detached signature is a digital signature that is kept separate from the data it signs. A concept that hardly applies to real life, as we don't usually see contracts with their signatures written somewhere else. The lyrics touch on

some questions about identity:

- What authenticates you?
- What serves as proof (even to yourself) that you are indeed yourself?
- And most importantly: how to safeguard your identity?

Being the project's first ep, it sets the ground of its own identity, serving as a detached signature for itself, a self-signed faith.

released July 23, 2020

CLICK HERE
to hear at BandCamp

20:00
GRUTA
TA
by GRUTA





*FRIDAY, AUGUST SEVENTH
TWO THOUSAND TWENTY*

13:30

13:30

13:30

13:30

13:30

13:30

BY TRESA

TRESA

É VISUAL ~~INTELLECTUAL~~ E

NÃO É INTELLECTUAL - NÃO ESCREVO BEM
/NÃO ARTE

NEM FALO MAL. OBRA VIVA - ~~OBRA~~ MORTA

AS ~~MANEIRAS~~ SÃO BICHOS COM DENTES
BICUDOS.

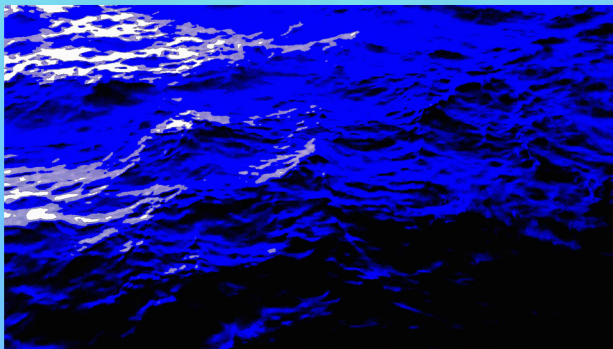
LINHAS SÃO ESPINHAS

TUDO É COMPÊNDIO.



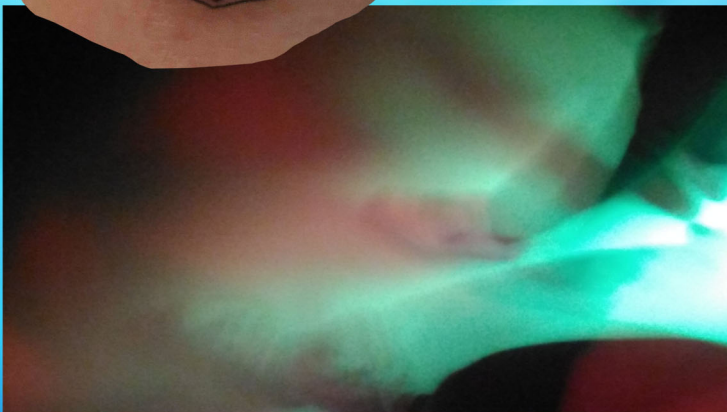


O MEU SEXO É O MEU CORAÇÃO
O MEU CORAÇÃO É UM ORGASMO
O MEU ORGASMO É UM AMOR

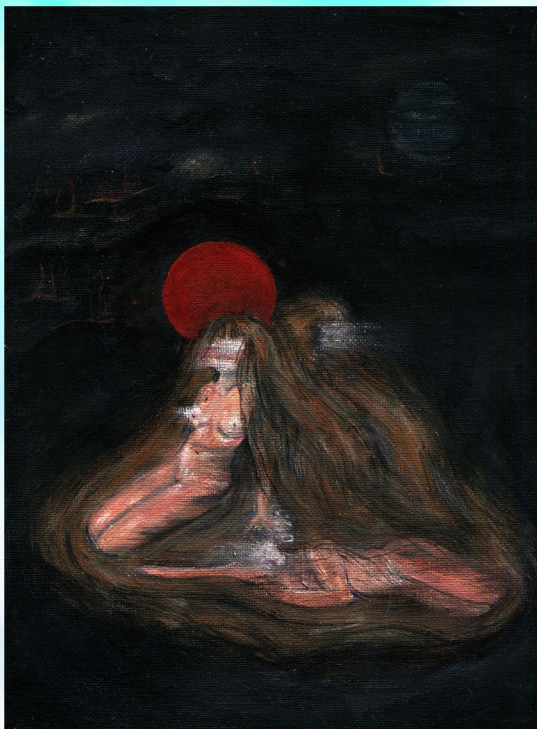




O CORAÇÃO
DA' COR A ACÇÃO
COM ACÇÃO NA CORE
E A CORE SÃO
CORAÇÕES
FEITAS DE COURAÇÕES
PELA COURAZÃO
E DADAS EM COURAÇÕES
DITADAS PELO CORAÇÃO











TRESA DOESN'T TAKE SHIT
TRESA DOES SHIT



13:40

RUCHOME TEKSTY

by Aleks Borys

Ruchome Teksty is an artist led, grassroots initiative resulting from the need for a platform for the voice of choreography artists. This idea arose as a result of discussions, meetings, talks over coffee, study visits. In an attempt to strengthen and popularize the voice of choreography, the idea of a newspaper was born.

The format of the Ruchome Teksty newspaper is deliberately modest, which enables accessibility, reduces costs and facilitates the implementation of monthly publication of subsequent issues. As a result, it remains fresh and adequate to reality. Its aim is to disseminate thoughts, ideas and the complexity of choreography as a field of art. Each issue is published in pdf format. making it easy to print a copy on one A4 sheet.

Every month, a new issue is published on the **Forumtanca.org** .

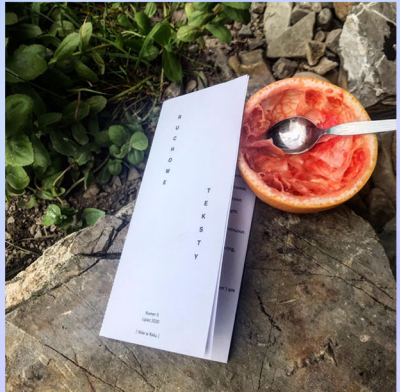
Also I invite you to follow the newspaper on **Instagram.com/Ruchome_Teksty**

Each text in the newspaper is published in the original language in which it was created. Intentionally offering artists freedom of choice, it turned out that the Polish language mixes with the English language in practice. It also underlines how closely the practitioners of this field of art in Poland are connected / are part of European choreography.

The published works are words, poems, notes, test choreographies of artists. If you are interested in including your voice in Ruchome Teksty, send an e-mail with a proposal to : **aleksandra.centrum@gmail.com**

Ruchome Teksty have no budget, so any support is of a great value. Each issue, available in pdf. will collect funds on **https://zrzutka.pl/xu953h**

The funds will be divided equally among the published artists .





**SATURDAY, AUGUST EIGHTH
TWO THOUSAND TWENTY**

20:00

TIDES OF WASTE

by Ana Rocha



The gift of coming to life.
Think twice before you waste your
breath
Think twice before you share your
energy
Think twice before you take a step
into the path
Let the path be your tour guide
Recycle and transform and restore
your own home
Planet Earth is home
If you don't save the seeds of life
The universe seed that you are
Home won't be any longer us.
So, nurture your Mother, Gaia.

Yeah

Time's a wastin'

Don't you take your time young man

Keep on driftin'

Ain't no tellin' where you'll land

Run baby, run, run

Where you runnin' to?

And who you runnin' from?

Some people may not understand

What it means to be a man

Takin' full command

'Cause we're

Livin' in a world that's oh so strange

Boy don't let your focus change

Takin' out the demons in your

range, hey

Livin' in a world that's oh so fast

Gotta make your money last

Learn from your past, oh

Time's a wastin'

Don't you take your time young man

Keep on driftin'

Ain't no tellin' where you'll land

Sweet love and sunshine

If it's all in the air

Then it's all on your mind

Uh, breathe baby

Come back to the world

Dig up all your pearls

Teach the boys and girls, hey

We're livin' in a world that's oh so

strange

Boy don't let your focus change

Takin' out the demons in your

range, hey

Livin' in a world that's oh so fast

Gotta make your money last

Learn from your past, ay

Oh (hum hum), baby (hum hum

hum), we (hum hum hum), need to

smile (hum hum)

Oh (hum hum hum hum), baby (hum
hum), we (hum), need to smile (hum

hum)

Ohh oh oh, baby (oh oh), we (oh oh),
need to smile (oh oh)

Ohh oh, (baby) baby baby, we,
(need) need to smile (oh oh)

'Cause time's a wastin'

Don't you take your time young man

Keep on driftin'

Ain't no tellin' where you'll land

Oh baby we need to smile

Oh (oh oh) baby we need to smile

Oh ooh oh, oh oh oh ooh

Oh, ooh ooh, oh, oh

Oh, time's a wastin' (ooh, oh, oh)

Don't you take your time young man

(ay yeah ay)

Keep on driftin'

Ain't no tellin' where you'll land

Oh oh (yeah ain't no tellin' time) oh

oh (take your time young man)

Oh, oh (no no), (ain't no tellin') oh

Oh oh (oh ooh oh ooh ay) oh oh,

(ain't no tellin'), (no no tellin')

Oh oh (uh ooh uh ooh oh) oh oh

(ain't no tellin')

Oh (I'm tellin' you no), oh oh, (yeah)

(ain't no tellin') oh, oh oh (ain't no

tellin')

Uh, oh (don't turn your baby) oh, oh,

oh oh (don't turn your back hey) oh

oh

(Don't turn your back I'm tellin' you

no)

Lyrics to 'Times A Wastin' by Erykah Badu

You gotta be fortunate
You gotta be lucky now
I was just sitting here
Thinking good and bad
But I'm the kinda woman
That was built to last
They tried erasing me
But they couldn't wipe out my past
To save my child
I'd rather go hungry
I got all of ethiopia
Inside of me
And my blood flows
Through every man
In this godless land
That delivered me
I've cried so many tears even the
blind can see
This is a woman's world.
This is my world.
This is a woman's world
For this man's girl.
There ain't a woman in this world,
Not a woman or a little girl,
That can't deliver love
In a man's world.
I've born and I've bread.
I've cleaned and I've fed.
And for my healing wits
I've been called a witch.
I've crackled in the fire
And been called a liar.
I've died so many times
I'm only just coming to life.
This is a woman's world.
This is my world.
This is a woman's world
For this man's girl.

There ain't a woman in this world,
Not a woman or a little girl,
That can't deliver love
In a man's world.
My blood flows
Through every man and every child
In this godless land
That delivered me
I cried so many tears even the blind
can see
This is a woman's world.
This is my world.
This is a woman's world
For this man's girl.
There ain't a woman in this world,
Not a woman or a little girl,
That can't deliver love
In a man's world.
Oh, this is a woman's world
Woman
Woman
Woman

Lyrics to "Woman" by Neneh Cherry

20:20

TASTE THE ENERGIES, DON'T WASTE THE MOMENT

Tarot Reading by Higher Transmissions

2020 as the year that invites us to see clearly has been both a creative and stern teacher in equal measure. As we move into August, this is no different but in fact gains further momentum. We are seeing an increase in 'stressors' in the wider world as well as the opening of the Lionsgate portal between 26th July to 13th of August with its apex on the 8th.

This is a deeply transformative time of energetic influence and this tarot spread was conducted with the intention of how to work with these energies, the potential influence they have on ourselves and lives while inviting us to not waste this moment that has been gifted to us.

This six-card spread is what I call the 'Inner to Outer Relational' where we can view a process but not in linear fashion. We can identify events that are taking place as if happening all at once,

but the importance is on following the pathway that these influences take towards the outcome, which is not fixed but desirable.

Our society is at present being invited to become more cohesive, collaborative and place the needs of the collective ahead of the needs of the individual. This does not mean selling all of our belongings and running off into the woods. It means analysing where we sit and how we can best function as part of the universal mind lattice so the energetic influence flows freely for all.

In short: by working on ourselves, the collective can work for each other.





To begin with we see The Tower, a card that is sometimes met with fear however there is no such thing as a 'bad card' only a closed perspective. With The Tower in relation to 2020, it is not hard to see that this represents the fundamental changes that this year is ushering in.

Everything is still in motion, the process continues, and the pressure steadily increases. This is fine, genuinely. It is the way things are supposed to be, it is by clinging on to the old that we encounter problems. If we allow ourselves to embrace the sweeping change by adopting formlessness, we circumnavigate any particular obstacles by being malleable. Ever heard of 'Negative Capability'? This is where we thrive in the eye of the storm, who is to say that in our modern interpretation that the figures falling from the tower aren't about to shift from one state of matter to another, transformed through process and inner alchemy to meet the needs of the shift they are presented with.

This is a fundamental message of 2020.



The second card 'Ten of Pentacles' (pentacles deal with the earth element and material/earthly concerns) is fascinating because this card is a direct representation of material stability. Isn't that wild after seeing the Tower appearing? What can this mean other than from sweeping fundamental change will come a deep stability in our earthly matters, that's of course if we want it. So, what is that thing you've been putting off? Saying it's too big an idea or too grand a scheme to enter into for mere mortals. This card is indicating that we are able to achieve that if we adopt a degree of formlessness while being presented with the energy represented by The Tower. Which (to me) is hilarious when we view what comes next.



The Ace of Pentacles (again material and earthly matters), the ace indicates a new idea, endeavour or process being formed in abstract. So, we can be formless, recognise the shift then enter into the world of ideas around the material concerns to seek that stability indicated in the previous card.

As I said this is not a linear interpretation but a relational process that we need to pull apart.

How many times have we heard discussion relating to a return to normality or a journey to a new normal? This is complete crap because if we are to listen to the message of this influence then we can recognise that we are being called to co-create a new reality based on the grandest ideas. This year is the most fertile ground to plant these seeds. But what kind of ideas? What can we lean into? This is clear in the first card of the lower 'outer' line.



The Page of Cups (cups deal with the water element and creativity), a page card shows the process has begun and we have left the ideas stage indicated by an ace card, and in this case the Ace of Pentacles.

So, what does that mean?

It means, very clearly that a creative process will address a material/earthly concern, both for ourselves and for the collective (planet). This is a fantastic possibility, because if we view the energy represented in the tower (big explosion = big transformation potential) and follow that thread we emerge into a place of greater self-realisation. Unsure of that? Just lean into the next card



The World, the final card of the Major Arcana is a representation of completion. That of course does not mean that the process is over, as life is an ever-ongoing process, but it does mean that in terms of 2020 we have 'learned' the lesson that is being taught to us on many levels and are free to engage in the process of creation. It is during this time of alchemical potential that we are at our strongest potential to create and co-create. We make the reality and if what we perceive shifts, then reality changes and we have successfully hacked into the mechanics of our experience on earth.

This is why I advocate learning the lesson while the class is still in session because there is a difference between passing, passing with merit and passing with distinction. We can never outshine the master as that is not our role here, we are here to learn, immerse and synthesise. Leave the ego at home and open your mind to all possibilities.

The point here is to put the influence of all previous cards to work in relation to the sequence we can pat ourselves on the back (briefly) before diving into the processes we are being invited to.

Again, this is the virtue of taking a non-linear approach to the sequence as being formless indicates a greater state of abundant material surrounding through taking a new idea then approaching it creatively to initiate completion of the lesson.

However, that is only five cards, the sixth and final card of the relationship indicates what we can do if we step into this power through process.

The Six of Pentacles (earth/material) is a fascinating card to close with because some say it represents Justice (major arcana) in disguise functioning as charity. Justice represents an invitation from higher energies to recognise if we are living our core truth or not. What I pose here is that by following this process we are able to do that (embody the core message of Justice), but step into the energy of the six card. This



energy shows that we are able to be of service to others which is the heart of the Care message. It can also mean that by following the process we become more open to receive as this process is an infinity loop of self-reciprocation, we have to be open to receive to be able to give and we cannot give if we are lacking in any aspect. The cup has to be overflowing for other's thirst to be quenched.

The cards are inviting us to we work on ourselves, our position, best use of resources and adopting a degree of formlessness we are able to step into a much higher flow of 'power' and this resonance will be much further reaching than what we can conceive of.

If the smallest pebble is dropped into a still body of water, the ripples will be observed in some form throughout.

If you are someone who cares about the place of all arts as catalysts for social change and the cards here are reflecting that by stepping into our power (the best leaders are the ones who didn't seek it but it was bestowed upon them) we can become a collective force for good. The good of this world, the good of its people, the good of the planet and unlocking the highest good in ourselves.

Take a taste of these energies and do not waste this moment!

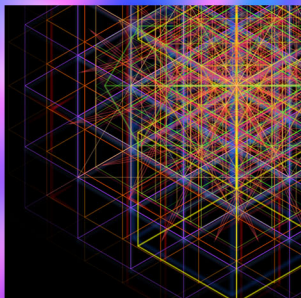
CLICK HERE
to visit Higher Transmission

22:22

A TASTE OF REALITY IS NOT TO BE WASTED

Chafneled by Higher Transmission

Welcome friends, I offer my name as 'Delta' of the Arcturian Council of Elders, I wanted to share a message regarding the reality you are experiencing. First, I want to say thank you to the people at care for letting me join in this month.



There are many ideas relating to this reality we call life, some say the world was destroyed years ago and we are living in a dream while others will not entertain anything that they cannot explain, and we of course cannot ignore every other idea in between.

The question I have to put you is this: what is more real than what you are feeling at any given time? That is our first truth. If we feel joy the colours in the world are more vibrant, if we feel sorry, they appear muted. Our reality shifts based on where we are viewing it from.

Everything we are experiencing is a response to

to a stimulus by either accepting or rejecting it and we do this consciously or subconsciously. With our consent or without consent, remember consent is incredibly important in all things!

In each moment we have a choice to continue or shift our perspective and this will ultimately shift our reality.

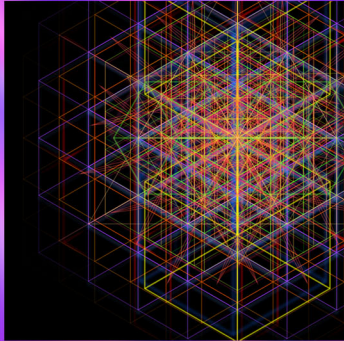
If we believe the world is harsh, difficult, unfair and unjust then that is our experience of it.

If we believe the world is kind, loving, easy and abundant then that is our experience of it.

Both are equally true because they depend on the perspective of the person viewing the world around them which is then reinforced by their actions.

How many times have we held a belief only to experience something that confirms it not too long afterwards? That is the key to unlocking deeper states of awareness and ultimately hacking into the fabric of reality. Recognise your perception and how it is governed by your belief system, understand this and you will understand your experience of this life.

Some say we are living in a simulation; this is untrue as we cannot describe a plane of existence as a simulation as we are still experiencing stimulus, feelings, ideas. The full spectrum. Without this it would be akin to living inside a painting, very flat and two dimensional. Although what is interesting to note: fractal geometry exists in all things and this could be described as the computer code that binds our reality, however, to describe



that as a simulation would still be applying a three-dimensional framework to a multi-dimensional experience! Although this poses interesting questions regarding the nature of the experience of the soul, however it's my first time here so I won't go too far down that road.

Let's talk about things that are really important.

The first and most important is to have fun and not underestimate the power of the mind.

Do you realise how much fun we have? Life is a gift of creation, the ultimate experience and expression of the self. Why is everyone so frustrated and scared? Is there blood in your veins? Breath in your lungs? Fire in your belly and joy in your heart? Things may never be perfect but if you have these you have got a good chance at becoming realised.

There is no point in tying yourself up in a knot, if we wanted big knots we'd have made the human body look like a pretzel. It doesn't look

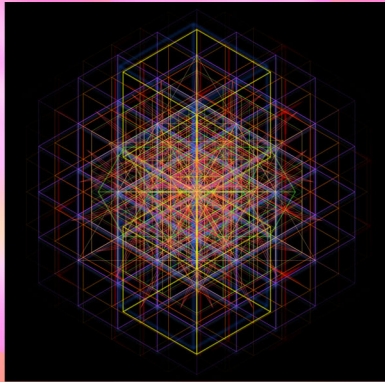
like that so why do we allow ourselves to become all twisted, contorted and wrapped around ourselves? Have fun! Loosen up a bit. Get a little weird. You have this straight from the higher interdimensional authorities. It's important to remember that by doing the work on ourselves we are working on the world. If we want to 'save' the world we have to start with ourselves, shift our inner resonance and let that reverberate outwardly in all directions through our thoughts, feelings, actions and intentions.

One thing that is difficult when we are seeking to expand our consciousness is that people take things so seriously! There is no sense being so wrapped up in

reverential solemnity when engaging with the higher energies that run through all things, especially during your time here in this reality. We like to have fun and nothing is more pleasing than others at peace while in the throes of joy and curiosity.

Which leads me into my next thought to share with you all:

Are you aware that your mind is the receiver not generator of consciousness?



That is also pretty wild because to accept this you have to understand that you technically don't exist, liberating isn't it? We are a sum of experiences held together by energy to form a lens through which we view the world. For us to embrace this idea we have to be open to receive, it's ok for us to allow energy to act upon us in all its forms. We have to say its ok and be at peace with it from the bottom of our being.

There is no good or bad there just 'is'.

So what are you going to do with that information? Freak out? Please don't do that – big waste of energy. Get all pumped up because you are a powerful co-creator of reality? That'd be cool.

Embrace that idea, drink it in, let it swirl around your mind before shooting colour back out into the world in ever increasing waves of vibrancy. Everything ceases to hold its power as we become empowered through our self-realisation.

It's all a laugh really, a big game, fun, ridiculous fun. Infectious laser focused joy (if we want it, allow it, consent to it and become open to receive ideas based on this principle).

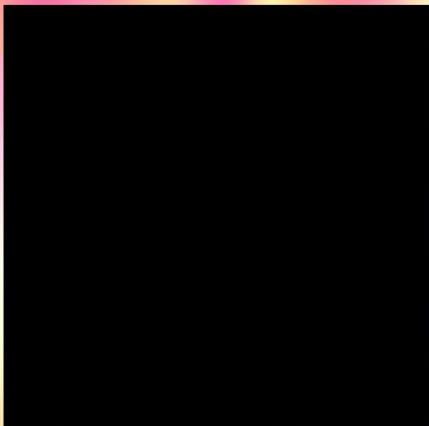
I have to admit, I don't think it's such a good idea creating a big mystery of what it is to be interdimensional and see beyond the three dimensions that humans are so wedded to. It's actually pretty easy to develop a higher dimensional awareness, humans are moving towards a fifth dimensional construct. In fact, we are already in the

fourth, which is pretty fun because 2020 is the year where everything happens. Humans are just supposed to keep working on themselves and becoming the best version they can be, so it all works out fine.

But Delta! What happens if we don't! What happens if everything falls apart and we can't reach this energetic nirvana you speak of?

Nothing. Nothing happens. There isn't a big fire, asteroid, alien invasion, war or anything like that. It's just like you carry on seeing the world in 32 colours while some start to see it in 64 or 128.

That's ok right?
Maybe some folks
want that? That's
fine.



Seriously. All of this is
an invitation to have
'more' to be more of
yourself, to stand up
a little higher, see a
little further, feel a little
deeper and laugh a
little louder. Take joy
in all things and enjoy
the ride.

CLICK HERE
to visit Higher Transmission



*SUNDAY, AUGUST NINETH
TWO THOUSAND TWENTY*

THANK YOU!

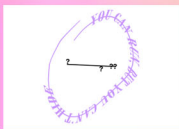
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Thanks to all writers/activists/artists for sharing a little bit of their universes with us.

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